

QC

**ON THE SCENE:**

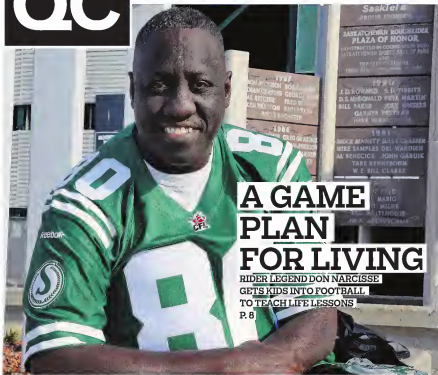
CarnEvi! was the theme at an over-the-top party **P. 5**

**FOOD:**

Crispy Bread Saled a great starter or side dish for fall supper **P. 16**

**GARDENING:**

Seeding vegetables in fall not a common practice **P. 18**



# A GAME PLAN FOR LIVING

**RIDER LEGEND DON NARCISSE GETS KIDS INTO FOOTBALL TO TEACH LIFE LESSONS**

**P. 8**

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# SALLY MEADOWS

## Beneath That Star has a message for everyone

Benny is a young Jewish girl who longs to be a shepherd like her three older brothers. But convenience of the day requires that she focus her efforts on gaining skills to run a household and work out in the fields. When God speaks to Benny in a dream to watch out for and follow, the bright star in the sky she is both excited and lost. When will she make the star appear?

How will she make the journey on her own? And what will she find beneath that star?

Beneath That Star is my new children's picture book for ages five to seven, with a timeless message for everyone. The inspiration for the book was a song I wrote for my Christmas



Sally Meadows

CD *Red & White*, which in turn was inspired by my reflections on what life must have been like around the time of Jesus's birth. I wondered: What if the shepherds story weren't the only one who saw and followed the bright star, but asking the crowd of the Messiah? Perhaps he would at have felt to be a witness to this historic event?

As I finished writing the fictional character of Benny I envisioned her as a free spirit, longing for a different

kind of life. I also saw her as having a physical impairment, emphasizing the imperfections we all have in many ways. Benny represents each one of us who makes a decision to believe, and her journey, like ours, was fraught with uncertainties and challenges. Like Benny, what we do beneath that star is increasingly blurry more than we could ever see or imagine.

Included in the book are questions that can be used to search and expand upon the story. The information on how to access funding for an author reading, discussion, and hands-on activities that complement the Christmas theme of the book please contact me at [sallym@modern.com](mailto:sallym@modern.com)

modern.com or 866-699-7337. The book's Facebook page is [www.facebook.com/beneaththatstar](http://www.facebook.com/beneaththatstar) and my musician's page is [www.facebook.com/SallyMeadowsMusic](http://www.facebook.com/SallyMeadowsMusic).

Beneath That Star was illustrated by Sarah E. Winkler and is available for purchase for \$16.95 on my web site [sallymeadows.com](http://sallymeadows.com), publisher Word Alive Press, amazon.ca, and major bookstores and select stores across Canada. You can purchase my Christmas CD *Red & White* on my website, at McNally Robinson bookstores, or at my amazon.ca or amazon.com.

Meet Sally Meadows at the following bookstore book readings: Nov 7, 10 p.m., Coker Midtown Place, New



14, 5-6 p.m., McNally Robinson, New 25, 5-6 p.m., Indigo on English Street; Dec. 13, Kennedy's Possible (over TBA)

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Don Narasimha was inducted into the Saskatchewan Roughriders Place of Honor in 2003. PHOTOS BY BRYAN SCHLOSSER

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Don Narasimha, who spent 12 years as a player playing wide receiver for the Saskatchewan Roughriders, has launched an annual charity youth football camp to teach kids core values and give them the same inspiration Narasimha received when he was in university.

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Food writer Benita Kothman says Crispy Bread Salad with Roasted Mushrooms and Brussels Sprouts is a real treat in fall and winter.

### OUTSIDE THE LINES — 17

Each week Stephanie McKay creates a timely illustration meant to please children of all ages.

### GARDENING — 18

Not all vegetables can be sowed in the garden before winter, but there are a few vegetable crops that can be fall sown with success.

### WINE — 19

Alma de Luxon is a great glass. The bouquet is spicy and fruity with black and red berries, vanilla and a bit of clove.

## # FOOD P. 16



Roasted Brussels sprouts and caramelized mushrooms give flavour to a Crispy Bread Salad. PHOTO BY STEVE NORMAN

## QC COVER PHOTO BY BRYAN SCHLOSSER

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# IN THE CITY

OCTOBER 31, 2013 — 2:30 P.M.

## Provincial soccer showdown



Furton Saints midfielder Ben Fench and Victor Garre Haines defender Ryan Kinslow battle for the ball during the Saskatoon Area High-School Athletic Association 2A boys soccer final held at Douglas Park on Saturday. — PHOTO BY MICHAEL BELL

# ON THE SCENE

## # CARNEVIL HALLOWEEN PARTY

Karen Morley and Mike Schlosser's over-the-top annual Halloween haunts are a delightfully fun evening for adult friends at their Varsity Park home. This year's party guests were greeted by a front-yard greeter, complete with a spinning wheel of death, a tunnel of Hellraiser, a working ticket booth, and sundry carnival characters and attractions. The evening's menu included everything from chocolate eyeballs, pizza fingers and "Iggy pizza" on a bun. The theme of this year's Halloween haunt was Carnival.

QC PHOTOS  
BY MICHAEL BELL

1. Decorations in the home of Karen Morley and Mike Schlosser on Oct. 31

2. Robin Krus and TJ General

3. Mike Schlosser and Karen Morley

4. Keith D. Andrade and Lorissa Serravallo

5. Lisa and Dan Henley

6. Maria Colasanto and Landon Schaffer

7. Carmen Ribera and Janice Salter

8. Alex Burnett and Tony Fritzsche

9. A look at the front lawn of Karen Morley and Mike Schlosser's home

10. Robin and Ned Uyeil

11. Jacqueline Burnaby and Andor de Haffmans

12. Caro Gartner and Mikayla Lowes



# ON THE SCENE

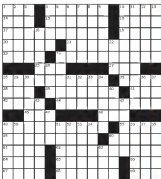


# #CROSSWORD

NEW YORK TIMES *Edited by MW Shor*

## ACROSS

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- 18 Head (expression)
- 19 High (adjective)
- 20 Took a ponder at
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PUZZLE BY VINCENT CHEN

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# #JANRIC CLASSIC SUDOKU

## Level: Beginner

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.



Solution to the crossword puzzle and the Sudoku can be found on Page 19

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## ON THE COVER

I had to run longer than other people. I had to out-work everybody. — Don Narcisse

#00N NARCISSE

## Playing the game between the lines and in real life

By HenryTye Glazebrook

Don Narcisse was 20 years old before he got to meet a professional athlete.

The man who visited Texas Southern University, which Narcisse attended in Houston, was James Murphy, then a wide receiver for the Winnipeg Blue Bombers. The interaction ended up changing the course of Narcisse's career.

"The guy started talking like, 'I caught a touchdown score pass in the CFL. I led the league,'" Narcisse said.

"I'm looking at him like, 'Man, he's not that tall. I could be just like him.'"

Today Narcisse is a Canadian football legend who spent his entire 10-season career playing wide receiver for the Saskatchewan Roughriders. In 2006, he headlined the Don Narcisse All-Star Event, an annual charity youth football camp that brings out current and former players to train kids in the sport, teach them core values and give them some of that inspiration Narcisse got as university at a young age.

"All I'm trying to do is get kids off the sidelines and put them into the game. That game could be anything. It's not about football. I will tell the parents it's not about football. It's about the kids having a great attitude, being around other good players and getting the chance to meet their heroes," Narcisse said.

Though he moved to his home state of Texas after retiring in 1999, his 2010 return to be inducted into the Canadian Football Hall of Fame inspired Narcisse to come back to Saskatchewan.

A standing ovation from a legion of 3,200 Green and White fans as he accepted the award made it an easy decision for him barely to wobble the move, but Narcisse wanted to do more for the province that nurtured him as one of its own.

"One thing I wanted to do was to give back to this community and the best way to do that was through the kids."

In previous years, All-Star Events have helped around 180 young athletes in Saskatchewan and Moose Jaw take part in professional-level drills with the players they aspire to be. In Regina, the charity's home city and host of its yearly gala celebration, Narcisse says that number can reach as high as 400.

For 2010, Narcisse has plans to expand the football camp to another three Saskatchewan cities, including Saskatoon, Prince Albert and Moose Jaw as well as beyond the province's borders to Kelowna, B.C.



Former Roughriders great Don Narcisse returned to live in Saskatchewan in 2010 and continues to give back to the province. GC PHOTO BY MICHAEL SCHMIDT



I try to give the kids the real deal. If this is something you want to do, I'm not going to sugar coat it. I'm gonna do exactly what I would have been coached or told to do as a youngster, too. — Belton Johnson



Former Roughrider Belton Johnson, 42, has been taking part in every Don Newman All-Star event since its start and has no plans to stop. (L-R) PHOTO BY MICHELLE KIRBY

Belton Johnson, who played offensive tackle for the Roughriders from 2008-09, has taken part in every football camp for the Don Newman All-Star Series and plans to continue his tradition as its longest-tenured in the next six years.

Growing up in Mississippi, Johnson loved and hated the football. He said his brother watched games on TV every Sunday and he loved their favourite players' trading cards.

He remembers his mother taking the two boys

to their first pro football game, the New York Jets and the Houston Oilers (now the Tennessee Titans). They didn't have the best seats and Johnson didn't get to meet any of the players. In fact, he had the experience was so thrilling that years later he started taking part in All-Star football to try to impress them in the same way.

"I do it because I know the kids — especially Rader fans — the kids see the players as something they want to be when they grow up," Johnson said.

"If they can get excited to see me up close

and personal, who knows? Maybe 10 years, 15 years down the road they'll be telling the story of, 'I remember Belton. I was at the Don Newman football camp and he pushed me.'"

In helping much, Johnson says he has always tried to push the young athletes to the peak of their abilities.

"I try to give the kids the real deal. If this is something you want to do, I'm not going to sugar coat it. I'm gonna do exactly what I would have been coached or told to do as a youngster, too. I try to give the real deal to them.

"I'm the one screaming and yelling," he said. "I probably scared a bunch of the kids when I first started off, but these groups of kids are brave to come back each and every year and they've gotten better and better."

Johnson is also a proponent of picking out those returning kids and elevating them to youth leaders in the camps, having them explain plays and about out instructions for newcomers. He hopes the extra responsibility will mould them the same way football did him. (Continued on Page 10)

All I'm trying to do is get kids off the sideline and get them into the game. That game could be anything. It's not about football. — Narcisse

"Football's done so much for me towards just becoming a man. It's taught me hard work, leadership disciplines. I think kids need it," Johnson says.

"If I was back home in Mississippi, it was a way for us to stay off the streets. It gave you something to do — something to occupy your time instead of sitting on front of the TV playing a video game. Just get out there and work your butt off."

\*\*\*

Joe Gannax, Narcisse's agent and co-ordinator of Moose Jaw's All-Star Event, said every athlete who passes is taken a different approach with the kids.

"Some of them are loud and vocal and really pump the kids up. Some are subtle in the way they do things. But they always bring that message that anything's possible if you work hard for your dream," he said.

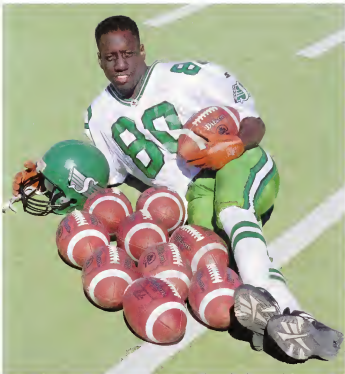
Gannax looked back on one event at hosted by a young girl diagnosed with cancer. Though her illness kept her from taking part, she joyfully cheered along her siblings from the sidelines. When Narcisse saw her, Gannax says he went above and beyond to make the day a highlight for the girl as well.

"He just took control of that situation and made sure she had everything, made sure she got everything and made sure she got some pictures and the autographs she wanted. To me, that's so charitable as it gets."

"Don's got a big heart, and I think he was proud to be able to do that and honoured. It's very humble when it comes to that stuff."

Gannax has developed a close relationship with Narcisse since they met in 1994. He asked the players' agents earlier that the All-Star Event is a way to introduce kids to professional athletes, and added that it helps humans see those players and make their own careers feel attainable.

"No matter how big or small or fast anyone is or what your circumstances is, there's an opportunity to be the best you can be and achieve a high level. Don's not the biggest fella in the world — he's not on that scene — but he's had a successful career," Gannax said.



Don Narcisse was a receiver with the Roughriders for 12 years. He had 1,000 plus receiving yards for seven consecutive seasons from 1994-96. FILE PHOTO BY SON HEALY

(Narcisse) just took control of that situation and made sure she had everything, made sure she got everything and made sure she got some pictures and the autographs she wanted. To me, that's as charitable as it gets. — Joe Gurnis

...

A lot of people would not have pegged Narcisse as a future professional grower up. An early diagnosis of autism could have set him back, but instead it taught him to push harder.

Narcisse never told anyone about his condition — he didn't want to use his autism as an excuse — but instead developed a game-day routine to work around it, showing up two hours early and doing a strenuous run to "open up my lungs."

"I had to run longer than other people. I had to not work every body," Narcisse said. "When you can't breathe, nothing else matters but that next breath. As much as I wanted to breathe in as much as I wanted to be on that football field."

His drive paid off, and in 1991

he was signed by the Bengals, one of nearly 400 other athletes accepting his four-year contract with the team, and credits his mother, who gave him full to cover his travel to the training camp, with making the job-shopping opportunity possible.

"I got a chance. I'm still living on those forty dollars and I'm helping other kids out."

Though his mother died days before he was inducted into the Canadian Football Hall of Fame, Narcisse continues to build on the values she taught him.

"Hard work beats talent when talent doesn't work hard. You don't have to be the smartest, you don't have to be the fastest, you don't have to be the biggest. But if you're out there and you work hard, you can outbeat anybody that you're going against. I live that every day."



Don Marasco signs autographs at an AP Star Event for youth in Saskatoon. Photo by MICHELLE BONE

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## EVENTS

What you need to know to plan your week.  
Send events and photos to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

Wednesday, Nov. 4

**Wednesday Night Folk:**  
Women in Black featuring  
Marian Wehr, Keri Gellman  
and Rosie Lenton  
Sushewler, 2206 Dowdney

**The Allig Dogs**  
Laneford's, 2330 Albert St.

**Tim Chaisson**  
Artful Dodger, 1631 11th Ave.

**The Brains, Lee Kung Po**  
Mr. Kung's, 3014 Dovers, Bells  
Club  
The Exchange, 2431 5th Ave.

Thursday, Nov. 5

**Live music:**  
Fat Beards, 1952 South St.

**Kanaka**  
8 p.m.-2 a.m. The Slip, 308  
Albert St.

**Live on 11th GTR Local**  
Night  
Artful Dodger, 1631 11th Ave.

**Tim Hicks, Gold Creek**  
Combs, Jason Barrett  
Lynn Place

**Alan Doyle Band**  
Casino Regina Show Lounge  
1610 Saskatchewan Dr.

Friday, Nov. 6

**Capital Jazzfest**  
4 p.m. — Jonathan Doyle  
8 p.m. — Dennis Gheesla  
9 a.m. — Carter Power  
10 p.m. — Van Vulture Trio  
11:30 p.m. — DJ Wolfman Herb  
The Capitol, 1843 Hamilton St.

**Live music:**  
4-7 p.m. Monarch Lounge,  
1610 Saskatchewan, 2123  
Victoria Ave.

**Waddy Drum Circle**  
Instruments provided  
7:30-9 p.m., The Living Spirit  
Centre, 3015 Olsen Dr. Call



Lee Harvey Osmond performs at The Exchange Society. Photo by Jon Sigurdson

**Nike**, 398-550-3990

**The Project R. Morgan Mayer**  
8 p.m. Le Steno, Mousigneur  
de Laval School, 3550 Hills-  
dale St.

**Kanaka**  
8 p.m.-2 a.m. The Slip, 308  
Albert St.

**Jazz**  
8:30 p.m. Kings Head Tavern  
Penhagar Mall

**The Young Pilates**  
Artful Dodger, 1631 11th Ave

**Wildfire**  
(Edmond), 2309 Dowdney Ave

**Hansa Pire**

**Casino Regina Show Lounge**  
1610 Saskatchewan Dr.

**Shana Walsh and The House**  
Dancers  
Laneford's, 2431 5th Ave.

**Stephen Pearling**  
The Exchange, 2431 5th Ave.  
Laneford's, 4529 Gordon Dr.

Isaiah, Nov. 7

**Capital Jazzfest**  
2:30 p.m. — Gustin Kitzler Band  
3:30 p.m. — Troy

4:30 p.m. — Celler Wall  
6 p.m. — Hot Club Saskatoon  
8 p.m. — Carlo Petravich  
9:30 p.m. — Aaron Burnett

**Quarrel**  
10:30 p.m. — DJ Wolfman Herb  
The Capitol, 1843 Hamilton St.

**Open Anniversary Jam**  
3:30-8 p.m. Broadway's  
Lounge, 1307 Broadway Ave.

**Live music jam**  
All types of music welcome.  
Hosted by Emel Kimbino  
4-8 p.m. The Slip, 308 Albert  
St.

**Kanaka**  
8 p.m.-2 a.m. The Slip, 308  
Albert St.

**A Celebration of Sound**  
Regina Philharmonic Chorus  
8 p.m. Knox Metropolitan  
church, 2360 Victoria Ave.

**Wildfire**  
(Edmond), 2309 Dowdney Ave

**Lee Harvey Osmond**  
The Exchange, 2431 5th Ave

**Platinum Blonde**  
Casino Regina Show Lounge  
1610 Saskatchewan Dr.

**Gifts and Fever**  
Gifts tribute band, wine and  
dance. 7-10:30 p.m. Bocados,  
2037 Park St.

Sunday, Nov. 8

**Due Dunderbuns**  
Jasper Wood, violin and Daniel  
Schwarz, guitar  
2 p.m. U of R Hodel Centre  
University Theatre

**Phobia Week: Bender Concert**  
Band

2 p.m. Lakeside United  
Church, 3260 McCallum Ave.

**Open Jam**  
3-6 p.m. Mojo Club, 639 Vic-  
toria Ave.

**Capital Jazzfest**  
3 p.m. Jazz Jam with Carter  
Power  
The Capitol, 1843 Hamilton St.

**Kanaka**  
8 p.m.-2 a.m. The Slip, 308  
Albert St.

Monday, Nov. 9

**Monday Night Jazz & Blues**  
Call it a Milky  
Sushewler, 2308 Dowdney

**Kanaka**  
8 p.m.-2 a.m. The Slip, 308  
Albert St.

**Open Mic**  
Artful Dodger, 1631 11th Ave

Tuesday, Nov. 10

**Acoustic music**  
Rebellion, 1901 Dowdney Ave.

**Kanaka**  
McCall's, 2226 Dowdney Ave.

**Mika Reid**  
The Capitol, 1843 Hamilton St.

**Kanaka**  
Artful Dodger, 1631 11th Ave

**Luke Thompson**  
O'Harbons, 1947 South St.

## # VISUAL ART

**Zachert Lupton Wundt Room**  
Nov. 10-17, 5:30 p.m. Fine Art Gal-  
lery, 2078 Melville St.

**Hachalia Keane and Frances**  
Werry

Contemporary paintings in  
soft tones  
Nov. 10-16, 10 a.m. to 6 p.m.  
Gallerie, 2268 Smith St.

# EVENTS

What you need to know to plan your week.  
Send events and photos to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## Barbara Monclay: Keeping the Yowes

The artist records herself stacking dozens of books to block her eyebrows, sealing herself off from the world. Toppell built this barrier of countless books, Monclay finally dips into the world on printed pages in effort to find freedom in the text. Until Nov. 14. Dunlop Art Gallery MediaHouse — Central Branch, 2311-12th Ave.

## Melody Armstrong & Mary Lynn Podiluk: Art Jewelry

Until Nov. 21. Mela Galleries, 166-2360 Broad St.

## Rosalea Powell: (Re)Facing the Camera

This exhibition introduces this viewer with 388 portraits of indigenous artists and donors. Tucked in the midst of these black and white portraits are images of a beanie-worn, small-shoulders that reveal the family albums that reveal the family albums of Powell's childhood. Until Nov. 32. Mookkato Art Gallery, 3475 Albert St.

## Exhibition Addition 2

A sprawling cross-section of permanent-collection artists (edition numbers 31-51) by artists including Andy Warhol, Mary Pratt and Shavina Johnson. The edition number is a list of a number — a unique identifier for something that is not unique, making the print's owner only somewhat special. Until Nov. 32. Mookkato Art Gallery, 3475 Albert St.

## Todd Remick: Visual Photography and Artworks

Inspired by the artist's battle with mental illness. Through November. Artful Dodger, 1631 1th Ave.

## Zachary Lagan: A Natural History of Unusual Things

Exploring the intersections between masculinity, identity, memory and place through drawing, ceramics and installation. Until Nov. 21. Art Gallery of Regina, 2420 Regina Place St.



A self-portrait of Rosalea Powell is included in (Re)Facing the Camera, which is on at the Mookkato Art Gallery through Nov. 32.

## Melody Armstrong & Mary Lynn Podiluk: Art Jewelry

Until Nov. 21. Mela Galleries, 166-2360 Broad St.

## Renée Fraser: Visual Vitality

The artist explores her fascination with the human body by returning to an old passion of beautiful simple figures and graceful portraits. Until Nov. 27. Hupa Gallery, Creative City Centre, 1843

## Headliners

Janet Simons: Pregnant Gaze  
Portraits by a local artist. Until Nov. 30. Regina Centre Crossing, 1621 Albert St.

## Love at First Sight

Explores this collection of Dr. Morris and Joseph Shumacher. Highlights of the exhibition focus on their collection of mist, world, and western Canadian art that began in 1934.

## Until Jan. 5: MacKenzie Art Gallery, 3475 Albert St.

## Canadian Autumn: Colour and Place

Group exhibits illustrations. Fall. Until Jan. 31. Regina Centre Crossing, 1621 Albert St.

## Neutral Ground

2015-2016. South St. Opens Tuesday to Saturday, 11 a.m. - 5 p.m.

## Plain Red Art Gallery

Statements: Indigenous visual art practices, culture and history found in the province of Saskatchewan. Canada and globally. Monday-Friday, 9 a.m. - 4 p.m. First Nations University, 1 First Nations Way.

## # FOR FAMILIES

Illness and Strife: We're sorry, 10 m. Complex Online: Southland Hall, 3425 Gordon St.

## Young Explorers Club

Place and pop for science. A full-length film-gallery exploration, experiments, games and crafts for 9- to 12-year-olds. Themed: Eco-warriors. Discover how humans affect the environment. Nov. 6, 5:30-9 p.m. Royal Saskatchewan Museum, 2443 Albert St.

## Build and Grow Clinics

Build a special feature project. For children age 5 and up. Saturdays, 10 a.m. - 1 p.m. Lewes, 4055 Gordon St.

## Michelle Kola Club

Saturday, 10 a.m. - noon. 2084 Prince of Wales Dr.

## Family Possibilities Films

Enjoy a favourite film for \$3.50. Saturday, 11 a.m. Galaxy Cinema, 620 McCarthy Blvd N.

## Family activities

Saturday and Sunday, 2 p.m. book club. Science Centre, 2903 Powerview Dr.

## Family Studio Sunday

Family, 2-4 p.m. Mookkato Art Gallery, 3475 Albert St.

## Super Sunday Movies

A different family movie each week. \$2 per person. Snacks available for purchase. 2:30 p.m. Royal Saskatchewan Museum, 2443 Albert St.

## Mugamuchuk Club

Gallery and art, games, crafts and activities for 3- to

8-year-olds. The next Out of Sight, Out of Mind. Caroupage: cretunes. Nov. 6, 5:30-7:30 p.m. Royal Saskatchewan Museum, 2443 Albert St.

## Science Time for Kids

Interactive workshop aimed at early learners. Tuesday, 9:30-10 a.m. Saskatchewan Science Centre, 2903 Powerview Dr.

## Drop-in crafts and gym

Free event for youth aged 3-18. Tuesday, 4-5 p.m. Lacrosse Community Centre, 615 5th Ave.

## # DANCING

### Scottish Dancing

Call 306-544-7927 for more information. Wednesday, 6-6:45 p.m. Victoria Club, 1700 Victoria Ave.

### Square Dancing

Learn to square dance. First two nights free. Thursday, 6-7:30 p.m. St. James Anglican Church, 1001 Empress St.

### Irish Night practice dance

Nov. 6, 7:30-10:30 p.m. Northeast Community Centre, 160 Broad St. N.

### Minus One Club Dance

Featuring Dennis and Curtis Hoot. Nov. 6, 6 p.m. - midnight. Regina Senior Citizens Centre, 2114 Winnipeg St.

## # COMEDY

### The Laugh Shop

Live stand-up every Saturday night, 9:30 p.m. Barnada Hotel, 1818 Victoria Ave.

### Live for Laughs Comedy Tour

Featuring Garry Day, Robert Kelly, Christina Abbott and Graham Chittenden. Nov. 10, 7:30 p.m. Cosmos Arts Centre, 200 Lakeshore Dr.

## EVENTS

What you need to know to plan your week.  
Send events and photos to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # PERFORMANCE

**The Addams Family Musical**  
Call 306-791-7240 for tickets.  
Nov. 4-6, 7 p.m.  
Oxwall High School, 134 Angley St.

**ReMeasure**

A dynamic remix of Shakespeare's Measure for Measure, adapted by Kathryn Brunkle.  
Nov. 6-7, 8:30 p.m.  
University Theatre Jindell Centre

**Word Up! Community Rhyme**  
Nov. 6, 7:30 p.m.  
Creative City Centre  
50-53 Hamilton St.

**Never Swim Alone**

A satirical piece focused around a conservative debate between two business suit clad men, officiated by a lovely girl in a swim suit. A Golden Apple Theatre production.  
Until Nov. 6, The Arden, 2627 103rd Ave.

## # SPORTS

**Women's volleyball**  
UofR Cougars vs. Brandon  
Nov. 6, 6 p.m.  
UofR Centre for Kinesiology, Health and Sport

**Men's volleyball**  
UofR Cougars vs. Brandon  
Nov. 6, 7:30 p.m.  
UofR Centre for Kinesiology, Health and Sport

**Women's volleyball**  
UofR Cougars vs. Brandon  
Nov. 7, 3 p.m.  
UofR Centre for Kinesiology, Health and Sport

**Men's volleyball**  
UofR Cougars vs. Brandon  
Nov. 7, 6:30 p.m.  
UofR Centre for Kinesiology, Health and Sport

**Regina Pats vs. Calgary**  
Nov. 7, 7 p.m.  
Scotiabank Centre, 1000 Bank Ave.

## # MUSEUMS

**Alta Youck School Museum**  
5003 4th Ave.  
Open by appointment only



Golden Apple Theatre presents *Never Swim Alone* through Nov. 6 at Oxwall in Iron Junction.

Call 306-523-3000

**Government House Museum & Heritage Property**  
4607 Dewdney Ave.  
Open daily 9 a.m.-5 p.m.

**RCMP Heritage Centre**  
3907 Dewdney Ave.  
Open 11 a.m.-5 p.m. daily

**Regina Firefighters Museum**  
1025 Ross Ave.  
Tours by appointment (306-777-7774)

**Regina Floral Conservatory**  
1650 6th Ave.  
Open daily 1-4:30 p.m.

**Royal Saskatchewan Museum**  
24-5 Albert St.  
Open 9:30 a.m.-5 p.m. daily

**Saskatchewan Military Museum**  
1600 Highway 101

**RCMP Sergeant Major's Parade**  
Wednesdays, 12:45 p.m.  
RCMP Sergeant Major's, 3603 11th Ave.

**Angela 4 Warmth meeting**  
Nov. 4, 5 p.m.  
Holy Trinity Church, 5030 Sherwood Dr.

**All Nations Healer's Thru Arts**  
Learn to play music, dance and perform in free arts-based workshops, cultural teachings and employment workshops. For people ages 13 to 22 on a budget.  
Wednesdays, Monday and Tuesdays, 5-7 p.m. (Lapper 4-5 p.m.)  
YWCA, 1540 McIntyre St.

**Monthly ALES homebrewing meetings**  
Discussion: Ideas Improving homebrewing skills. Russian Imperial Stout and Big Stone Day. Visiting New members welcome.  
Nov. 6 p.m.  
Eastbourne basement club room, 2208 Dewdney Ave.

**Between Science and Politics**  
How are regulations shaping up for the Paris conference on Climate Change? Bilingual lecture featuring Steven Dufresne, Co-ordinator and Senior Director, Excellence, Jean-Christophe Ferry, Consul General of France in Vancouver, Jean Lavigne, Biologist and Filmmaker, David Seachurn, Professor and Biotechnologist.

Nov. 5 noon-1:30 p.m.  
U of L Language Institute room 216

**Between Science and Politics**  
How are regulations shaping up for the Paris conference on Climate Change? Bilingual lecture featuring Steven Dufresne, Co-ordinator and Senior Director, Excellence, Jean-Christophe Ferry, Consul General of France in Vancouver, Jean Lavigne, Biologist and Filmmaker, David Seachurn, Professor and Biotechnologist.

Nov. 5, 7 p.m.  
U of L Language Institute room 216

**Saskatchewan Sports Hall of Fame**  
1205 Victoria Ave.  
Monday-Friday 10 a.m.-4:30 p.m., Saturday noon-5 p.m.

**Crescent College Alumni of Distinction Awards**  
Nov. 5, 7 p.m.  
Crescent College, 2825 Victoria Ave.

**Open Season Live Drawing**  
Live model, 5:17 draw in Feb.  
Nov. 5, 7:30 p.m.  
Creative City Centre, 50-53 Hamilton St.

**Community-Based Research Showcase**  
Academic and community researchers present projects

demonstrating a commitment to collaborative research.  
Nov. 6, 8:30 a.m.-4 p.m.  
Core Ritchie neighbourhood Centre, 445 14th Ave.

**Our Best to You arts and craft sale**  
Nov. 6, 10 a.m.-9 a.m.  
Nov. 7, 10 a.m.-6 p.m.  
Nov. 8, 10 a.m.-9 a.m.  
Commodore Centre Building, Ernie Place

**SEARCH gala fundraiser**  
Support client suction and entertainment. For tickets (\$44), email registration-2013@search.org. Fundraiser for SEARCH, a volunteer and student-run interdisciplinary primary health initiative in the West Central community of Regina.

Nov. 6, 6 p.m.  
Memories, 1117 Victoria Ave.

**Wine and Spirits sale**  
Nov. 6-7 p.m.  
Celine's Arts Centre  
203 Lakeshore Dr.

**Regina Farmers' Market**  
Saturday 9 a.m.-1 p.m.  
We Wu Shimmers Hall, 2085 Hamilton St.

**Winter Fair**  
Nov. 7, 9:30 a.m.-5:45 p.m.  
Nov. 8, 9:30 a.m.-1:30 p.m.  
University of Regina Centre for Kinesiology, Health and Sport

**Artists' Bookart**  
Holly and Geoff's sale  
Nov. 7, 10 a.m.-5 p.m.  
MacKenzie Art Gallery, 3475 Albert St.

**Winter Wonderland Craft and Trade Show**  
MS Society Book Fundraiser  
Nov. 7-8, 9 a.m.-4 p.m.  
Lakeside Community Centre, 635 69th Ave.

**Victorian Tea**  
Reservations required only.  
Friday, Call 306-707-7123  
Nov. 8, 2 p.m.  
Government House, 4607 Dewdney Ave.

**Poppy Day Tea**  
Homemade baking, sewing, white knitted items, and coffee/tea will be available to purchase. Hosted by Ladies' Auxiliary Royal Canadian

Legion, \$5 admission.  
Nov. 7, 1-3 p.m.  
Royal Canadian Legion, 1620 Cornwall Street.

**Knockout Tea**  
Sandwiches and drinks, door prizes, book sale, kids corner, cook books for sale. \$5 admission.  
Nov. 7, 3-5 p.m.  
St. James Anglican Church, 141 35th Avenue SE

**Grace Harvest Supper and Dance**  
Hungarian support, dance performance, and dance with music by The Others.  
Nov. 7, 6 p.m.  
Hungarian Club, 703 Melville St.

**Swedish Tasting**  
Swedish Scottish Butter Fundraiser. Sample five scotches, live performances by the Scottish dancers, prizes and more. For tickets (\$44), call 306-731-6723.  
Nov. 7, 7 p.m.  
Wassenaar Place, 2900 Wassenaar Dr.

**Matinee, Puppets & Purses**  
Black-tie cocktail party and fashion show. For tickets (\$12), email daniel@andersonpuppets.com or call 306-719-3913.  
RCMP Heritage Centre, 3907 Dewdney Ave.

**Open House**  
Nov. 7, 7-11 p.m.  
Capital GMC Buick Cadillac Showroom, 4020 Pacific Blvd.

**Remembering in words and books**  
Wild Sage Press salon and will be looking after readings and discussions with Brenda Nakagawa, Bruce Rice, Wendy Weller and Barbara Kahan.  
Nov. 8, 7 p.m.  
Library, 2435 18th Ave.

**Food Saver**  
Free admission to kids only, call 306-362-5694 or 306-757-7776.  
Nov. 8, 4 p.m. and 5 to 10 p.m.  
Grand Coulee United Church

**Bridge lessons**  
Learn to play bridge or improve your game. Call 306-24-7054 for more information. Mondays, 8:30 a.m. 349 Albert St.

# EVENTS

What you need to know to plan your week.  
Send events and photos to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## What's for seniors

For more information call Mary 206-709-8662 or fax 206-709-1068.  
Tuesday 9:30 a.m.  
East sanctuary, Living Spirit Centre, 2018 Oak Dr.

## Chewy Challenge

Dine in gathering of food & wine enthusiasts  
Tuesday 6 p.m. - midnight  
Barton Plaza, 543 Albert St. N.

## FILM

### Dad Max

Documentary  
Jewish culture reflects the heart of a vital ethnic history. As Jewish culture continues to shift and adapt, delicatessen food remains a beloved communal delicacy. Mouth-watering stories of Jewish life all over the U.S. and Canada, embody a twiliten indie life. Inited to their sanctuary, nostalgic feeds.

## Thursday, Friday, Sunday

### The Sugar Film

Documentary  
Anita Duneau Camerou (Underbelly) embarks on an experiment to document the effects of a high-sugar diet on a healthy body. Duneau reveals where sugar lurks on supermarket shelves and also these health effects can be hidden from consumers.  
Thursday, Friday

### Search for General Tso

Documentary  
Who was General Tso, and why are we eating his chicken? Exploring the origins and ubiquity of Chinese-American food through the story of an iconic sweet and spicy chicken dish. Glimmering screening followed by a celebration of culinary arts featuring The Capital, The Luscious, Tofuhaus, and Red Bull. Screening  
Saturday, Sunday

### Regina Public Library Theatre 231 (2nd Ave.) 306-777-5044

### The Arctic 3D

Documentary  
Another polar bear and her twin seven-month-old cubs make the changing Arctic wilderness they still have. They struggle to survive in a frozen environment of making its immense glaciers, spent under waterfalls and reindeer's snowboard peaks.  
Narrated by Mary McCormack

### Habibi 3D

Documentary  
Award-winning shuttle Atlantic in May 2013, astronauts documented five spacewalks to repair and upgrade the Hubble space telescope. Journey through distant galaxies to explore the grandeur and mystery of our celestial surroundings. Narrated by Leonardo DiCaprio.



Photos comes to the big screen on Friday

### Jerusalem

Documentary  
A tour of one of the world's oldest cities, destroyed and rebuilt countless times over 3,000 years. The film follows three young Jerusalemites and their families — Jewish, Christian and Muslim — as they navigate the city's complex history and the rest of the world's gaze. Narrated by Benedict Cumberbatch.

Kosher Line  
2982 Pleasantville Dr.  
306-622-4529

## NEW MOVIES

### The Peanuts Movie

Family/Animated  
Snoopy, Charlie Brown and the rest of the Peanuts gang make their big screen debut.

### Spectre

Action  
While M (Daniel Craig) battles political forces to keep the secret service safe, a cryptic message from James Bond's (Daniel Craig) past prompts him to uncover a criminal organization called SPECTRE.

Galaxy Cinema  
4201 McCordy Blvd. N.  
306-522-9008

Cineplex Odessa  
2982 Pleasantville Dr.  
306-622-4529

Anchor Cinema  
Golden Mile Shopping Centre  
3606 Albert St. 306-355-5250

Family/Animated  
Snoopy, Charlie Brown and the rest of the Peanuts gang make their big screen debut.

## YC Health

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## FOOD

## # RECIPE

## Crispy Bread Salad a good starter for fall feast

By Renee Kohlman

Brussels sprouts can be quite the divisive broccini — if they you love 'em or hate 'em. When roasted until their skins blister and caramelize, I love them. If they are boiled until they resemble nothing but smelly green mush, I hate them. It's all about proper cooking and seasoning.

It's the same with mushrooms. Roasted yes, I won't go near them but when roasted they absorb the spices and seasonings you've tossed them in, becoming mouth-watering gems to eat. If you like neither Brussels sprouts or mushrooms I expect you're left this page long ago. Oh, but how bad because this salad is a real treat for fall and winter. You may think that salads consisting of bread and vegetables are confined to summer, but you're wrong.

Crispy bread cubes can be tossed with any seasonal vegetables at any time, but in fall and winter the vegetables are best if roasted. Seriously, Who wants to eat a cold, limpish, soggy-sopping of a lettuce in winter?

This recipe for a lovely Italian-style salad comes from *The Delectable Vegetable Cookbook* by West Coast chef Rex Jones who knows his way around a vegetable plate. Author of 11 cookbooks and an expert on growing all the things and foraging all the things, Jones's latest volume, published by Touchstone Editions, is a diverse collection of vegetable recipes.

There are soups and sauces, dressings and condiments even a section on preserving. Vegetables are roasted and grilled, stuffed and roasted, made into dumplings and gratins. Jones even has eight dessert recipes — *Phylla Red with Pomegranate*, *White Chocolate and Sesame* is of particular interest to me.

The first 46 pages alone are incredibly informative, including a primer on how to best cook and store a variety of vegetables. Jones also dishes on proper cooking equipment, such as knife skills. It's good stuff to know if you are a neophyte in the kitchen.

I roasted up this salad as a weeknight, using Brussels sprouts and/or other mushrooms from the Saskatoon Farmers' Market while the crispy bread came from The Night Oven bakery. The veg were tossed in a fragrant spice mix and roasted until soft and blistered in places. The cool, crisp cubes of the bread cubes are what they get fired in a skillet/butter bath then coated in Parmesan cheese while hot. Brilliant technique there.

Everything tangies and mingles in a citrus vinaigrette (the orange marmalade scored me a 10/10, but my friends were unimpressed — it's a subtle yet necessary bit of balance) and becomes a solid fall-of-leaf and taste. I shaved some Parmesan on each serving and thought to myself, as I often do, how lucky would eat anyone such flavours, or even how cowardly or chicken could provide a protein punch if you were going the full meat diet route. As it turns, this is a great starter or side dish for a fall feast or simple supper.



Crispy Bread Salad is combined with roasted Brussels sprouts and oyster mushrooms. PHOTO: PHOTO BY REX JONES

## Crispy Bread Salad with Roasted Mushrooms and Brussels Sprouts

- > 1 lb Brussels sprouts, trimmed
- > 1 lb chestnut (or oyster) mushrooms
- > 2 cups olive oil
- > 1 cup ground cheese
- > 1 cup ground coriander
- > 1 cup onion
- > 1 cup garlic

- > 1/2 tsp smoked paprika
- > 1/2 tsp fresh black pepper
- > 1 cup grapefruit oil
- > 1 cup butter
- > 1 cup minced garlic
- > 4 cups (about 1/2 cup) olive oil (to be used for the bread cubes)
- > 1 cup ground Parmesan cheese
- > 1 cup orange marmalade
- > 1 onion, and one juice

- > 1 cup olive oil
- > 1 cup chopped fresh flat leaf parsley

## Instructions:

Preheat oven to 300 F. On a rimmed baking sheet, combine the Brussels sprouts, mushrooms, olive oil and spices. Toss to coat and season well with more salt and pepper. Place in oven and roast for about 30-40 minutes until the sprouts are soft and blistered, turning once or twice. You may need to add more olive oil if they seem too dry. Remove from the oven and let cool to room temperature.

In a small pan, over medium-high heat, place the grapefruit oil, butter and garlic. When sizzling, add the bread cubes and

saute for 3-4 minutes or until they absorb the seasoning and just begin to brown. Watch you don't burn the garlic. Add the Parmesan cheese and toss quickly to evenly coat the bread cubes. Remove from heat. In a small bowl, combine the marmalade and lemon juice and zest. Whisk to combine. Add the olive oil in a slow steady stream, whisking until it's incorporated and smooth.

In a mixing bowl, combine the roasted vegetables and bread cubes. Drizzle with half the dressing and toss to mix. Transfer to serving plate or plate and drizzle with remaining dressing. Garnish with parsley and serve at room temperature. Makes 4 servings.





# OUTSIDE THE LINES



## # Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [spat@leaderpost.com](mailto:spat@leaderpost.com). One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Delany Truchon**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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# GARDENING

# GARDENING IN SASKATCHEWAN

## Seeding fall vegetables worth a try

By Jackie Bantle

If you are one of those vegetable gardeners who is not quite ready to say goodbye to the 2015 growing season, there is one fall project that you may want to try.

Besides garlic, fall seeding vegetables is not a common practice on the Prairies but one that is worth trying. Not all vegetables can be seeded in the garden before winter but there are a few vegetable crops that can be fall sown with success.

Most vegetable gardeners like to get an early start on the growing season. There is no better way to take advantage of moisture from the spring melt and snowmelt than getting those seeds in the ground before the moisture appears. Because fall seeded vegetable crops will emerge early in spring, crops that will be killed or permanently damaged by spring frosts should be seeded.

Soil preparation is just as important before fall planting as it is in the spring. To prepare the seed bed, use a mulching mower to mow any of this year's left over disease-free vegetation in the garden patch. If mulching is not an option, remove plant debris and place it in your compost bin. Any diseased plant material should be buried or discarded in the trash. Add well-composted manure or other organic compost to your garden, especially to the area that will be fall seeded.

Work this compost into your fall garden area with a rototiller or by turning over the soil with a spade. It is a good idea to work up the entire garden area in the fall; this will bring overwintering weed seeds to the soil surface where they will hopefully freeze or desiccate over the winter months. Make the area to be seeded to provide a level surface. As with any seeding operation, it is important to have good soil to seed into for maximum uniform germination.

Dry soil is preferred for fall seedings because moisture will encourage seed rot and seed germination is fast. Avoid fall seeding any warm season crop crops like corn, beans, cucumbers, pumpkins or squash. Seeds of warm season crops do not fall under cool soil conditions.

In general, cool season crops tolerate cooler temperatures during germination, growth and storage. Despite their preference for cooler temperatures, not all cool season crops can be successfully fall seeded on the Prairies. Crops that are worth trying to fall seed include: onion, radish, broccoli, cabbage, kohlrabi, spinach and kale.

A general rule of thumb for fall vegetable seeding is to seed deeper and denser than in spring. Increase soil depth and densities by 25-50 per cent. Following are some general guidelines: onion, radish, kohlrabi and spinach — 1 cm deep, less between seeds; broccoli and cabbage — 2 cm deep, 30 cm between seeds; kale — 1 cm deep, 3-4 cm between seeds. Do not water your rows after fall seeding.

While I wouldn't plan to seed all my kohlrabi or onion in the fall, it is a good way to get a jump on the growing season in spring for some early harvested vegetables. Good luck with your fall planting. I'd write more, but for now I have some vegetable planting to do before the snow flies.

*Jackie Bantle is a horticulturist living in Saskatchewan.*



Fall seeded broccoli. PHOTO BY JACKIE BANTLE

# WINE WORLD

# DR. BOOZE

## Spanish red delivers to all kinds of tastes

I was at a Spanish wine tasting last week. Watching the crowd reaction to various styles of wine was more fascinating than the wine. People, ordinary people in the street types, had quite definite variations in taste, and the predictions were much sabbler than I expected.

At one end are those who like ripe, intense wines. At the other, people want subtle, lean, rids. In Spain, leaner wines happen to be slightly cheaper. A number of people were somewhere in the middle, seeking some of the ripest more obvious fruit flavours but still wanting a dry wine with some tannin behind it. Spain is a great place to hunt for such wines because both winemakers and regions are young, the spaces and experimental.

Alfonso de Luaces over delivers on all of this. This is a wine from a new — a mere 100 years or so old — region southwest of Barcelona.

The wine is a big, juicy red, a blend of Monastrell, Cabernet Sauvignon and Tempranillo. The first two are heavy-bodied wines full of tannin. Tempranillo is more refined, the grape of Rioja. Rioja ADO produces the finest, most elegant versions of the wine, and is high about 300 to 500 metres. Jaramila is also high, around 600 metres, so you can expect it to produce more of same. However all three grapes can suffer for decades if you want it finer still.

A product of the broader, more indigenous wild yeast, Alfonso is a great glass. The bouquet



is spicy and fruity, with black and red berries, vanilla and a bit of cloves. The palate is remarkably smooth, with a rounded, rich palate and a bright acidity.

Alfonso de Luaces, Jaramila, Spain, 2010, \$28.99.

Whisky on Monday and the Beer Calendar here. Other stuff on Twitter @drboose

## Crossword/Sudoku answers

HOW	WHANNO	OKAY
IFO	ASLANT	NERO
FEVER	PITCH	EYED
IRENE	FIRE	DANCE
SAND	REGNO	DEAL
	OVA	TAS
LEG	WARRIORS	VINE
ALA	LEARNER	AIM
GIZA	SWEAT	PANTS
	ITA	OTO
FALL	SEASON	LATE
OWLE	MOON	NIXES
GAIA	BREATHABLES	
EROS	ALANIS	IVA
LENT	RAMADA	SHY

7	4	9	8	3	6	5	1	2
2	8	6	5	1	7	3	9	4
5	3	1	2	9	4	8	6	7
8	7	5	1	4	3	9	2	6
9	2	4	6	5	8	7	3	1
6	1	3	7	2	9	4	5	8
1	6	7	9	8	5	2	4	3
4	9	2	3	7	1	6	8	5
3	5	8	4	6	2	1	7	9

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